



How to increase your iman

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, The Most Gracious, The Most Merciful





Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you
in good health and imaan.

On behalf of our AMAU Academy team, we would like
to present to you these compiled notes that we have
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team
and have not been comprehensively checked
by a teacher.

If you find any errors or corrections that need
to be made, kindly inform us via our email
helpdesk@amauacademy.com

May Allah make our paths toward seeking
beneficial knowledge easy and kindle our hearts
with sincerity and gratefulness
towards Him.

Jazakumullahu Khayran



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Glossary



جل جلاله | Jalla Jalāluhu
Allah the Most Exalted



صلى الله عليه وسلم | Sallāllāhu Alayhi Wa Sallam
Peace and blessings of Allah be upon him



رضي الله عنه | RadiAllahu `anhu
May Allah be pleased with him

Knowing Iman



Chapter One

One of the greatest things that Allāh bestowed upon us is that He made us Muslims.

Allāh ﷻ says in the Qur'an:

1 يَمُنُونَ عَلَيْكَ أَنْ أَسْلَمُوا ۖ قُلْ لَا تَمْنُوا عَلَيَّ إِسْلَامَكُمْ ۖ بَلِ اللَّهُ يَمُنُ عَلَيْكُمْ أَنْ هَدَيْكُمْ لِلْإِيمَانِ إِنْ كُنْتُمْ صَادِقِينَ

They regard as favour to you (O Muhammad صلى الله عليه وسلم) that they have embraced Islām. Say: "Count not your Islām as a favour to me. Nay, but Allāh has conferred a favour upon you that He has guided you to the Faith if you indeed are true.

Surah Al-Hujurat: 17

2 الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتْمَمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيتُ لَكُمُ الْإِسْلَامَ دِينًا ۚ فَمَنِ اضْطُرَّ فِي مَخْمَصَةٍ غَيْرَ مُتَجَانِفٍ لِإِثْمِهِ ۚ فَإِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

Today I have perfected your faith for you, completed My favour upon you, and chosen Islam as your way. But whoever is compelled by extreme hunger—not intending to sin—then surely Allāh is All-Forgiving, Most Merciful.

Surah Al-Ma'idah: 3

The blessing of this religion is a blessing like no other.

Allāh ﷻ says in the Qur'an:

3 قُلْ بِفَضْلِ اللَّهِ وَبِرَحْمَتِهِ ۚ فَبِذَلِكَ فَلْيَفْرَحُوا هُوَ خَيْرٌ مِمَّا يَجْمَعُونَ

Say, "In the bounty of Allāh and in His mercy - in that let them rejoice; it is better than what they accumulate."

Surah Yunus: 58

Some of the scholars mentioned that the thing to be pleased with here is the Iman of Allāh. Our Iman is something that we should always take care of as it wears out. Our Iman increases and decreases.

Abu Abdillah Al-Hakim Al-Naisapuri mentions on the authority of Abdillah Ibn Amr Ibn Al Aas ؓ that the Messenger ﷺ said:

4 إِنَّ الْإِيمَانَ لِيَخْلُقَ فِي جَوْفِ أَحَدِكُمْ كَمَا يَخْلُقُ الثَّوبُ، فَاسْأَلُوا اللَّهَ أَنْ يَجَدِّدَ الْإِيمَانَ فِي قُلُوبِكُمْ

Verily Imaan wears out in your chest the same way the clothes wear out. So, ask Allāh سبحانه و تعالی to renew your Imaan in your hearts.

Al-Mustadrak 'alā al-Ṣaḥīḥayn 5

Allāh ﷻ says in the Qur'an:

5 يُثَبِّتُ اللَّهُ الَّذِينَ ءَامَنُوا بِالْقَوْلِ الثَّابِتِ فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ ۖ وَيُضِلُّ اللَّهُ الظَّالِمِينَ ۖ وَيَفْعَلُ اللَّهُ مَا يَشَاءُ

Allāh keeps firm those who believe, with the firm word, in worldly life and in the Hereafter. And Allāh sends astray the wrongdoers. And Allāh does what He wills.

Surah Ibrahim: 27

Some scholars said that the moment the believers are passing away, Allāh will keep them firm and will allow them to say the Kalima of Tawheed. Also, in the grave, Allāh will strengthen them by allowing them to answer the questions that the angels will ask; Due to their strong Iman, they will answer the questions of the grave spontaneously.

Allāh ﷻ says:

6

وَالَّذِينَ جَاهَدُوا فِينَا لَنَهْدِيَنَّهُمْ سُبُلَنَا ۚ وَإِنَّ اللَّهَ لَمَعَ الْمُحْسِنِينَ

As for those who strive hard in Us (Our Cause), We will surely guide them to Our Paths (i.e. Allāh's religion - Islāmīc Monotheism). And verily, Allāh is with the Muhsinûn (good doers).

Surah Al-'Ankabut: 69

Our Iman is what is going to take us to Jannah. Just because we have Iman, that does not mean that we stop striving to perfect it. Rather we strive to increase our Iman more because we have tasted the sweetness of it.

Allāh ﷻ says:

7

يَا أَيُّهَا الَّذِينَ ءَامَنُوا ءَامِنُوا بِاللَّهِ وَرَسُولِهِ ءَ وَالْكِتَابِ الَّذِي نَزَّلَ عَلَىٰ رَسُولِهِ ءَ وَالْكِتَابِ الَّذِي نَزَّلَ مِن قَبْلُ ءَ وَمَن يَكْفُرْ بِاللَّهِ وَمَلَائِكَتِهِ ءَ وَكُتُبِهِ ءَ وَرُسُلِهِ ءَ وَالْيَوْمِ الْآخِرِ فَقَدْ ضَلَّ ضَلَالًا بَعِيدًا

O you who believe! Believe in Allāh, and His Messenger (Muhammad صلى الله عليه وسلم), and the Book (the Qur'ân) which He has sent down to His Messenger, and the Scripture which He sent down to those before (him); and whosoever disbelieves in Allāh, His Angels, His Books, His Messengers, and the Last Day, then indeed he has strayed far away.

Surah An-Nisa': 136

8

الَّذِينَ ءَامَنُوا وَلَمْ يَلْبِسُوا إِيمَانَهُمْ بِظُلْمٍ أُولَٰئِكَ لَهُمُ الْأَمْنُ وَهُمْ مُّهْتَدُونَ

It is those who believe (in the Oneness of Allāh and worship none but Him Alone) and confuse not their belief with Zulm (wrong i.e. by worshipping others besides Allāh), for them (only) there is security and they are the guides.

Surah Al-An'am: 82

Shirk is the greatest oppression and if one can stay away from it, they are promised safety and guidance.

Iman of Allāh necessitates that we obey Him and His messenger unrestrictedly. Allāh ﷻ says in the Qur'an:

9

يَا أَيُّهَا الَّذِينَ ءَامَنُوا أَصْتَجِبُوا لِلَّهِ وَلِلرَّسُولِ إِذَا دَعَاكُمْ لِمَا يُحْيِيكُمْ ۖ وَأَعْلَمُوا أَنَّ اللَّهَ يَحُولُ بَيْنَ الْمَرْءِ وَقَلْبِهِ ءَ وَأَنَّهُ ۖ إِلَيْهِ تُحْشَرُونَ

O you who believe! Answer Allāh (by obeying Him) and (His) Messenger when he (صلى الله عليه وسلم) calls you to that which will give you life, and know that Allāh comes in between a person and his heart (i.e. He prevents an evil person from deciding anything). And verily to Him you shall (all) be gathered.

Surah Al-Anfal: 24

Allāh ﷻ and His messenger will never call us to that which will destroy us. Rather, their commands will give our hearts and minds peace. On the other hand, if we reject Allāh ﷻ and His messenger, then we will end up choosing something detrimental to us.

Umar ibn Al-Khattab رضى الله عنه said:

10 هَلُمُوا نَزِدْ إِيْمَانَا

Come, let's increase our Iman.

Imam Al-Laalikaa'ee narrated in his Sharh Usool I'tiqaad Ahlis-Sunnah wal Jamaa'ah.

So, the pious predecessors used to sit down and remember Allāh (). They would remember Paradise, the Hellfire, the promises that Allāh () made in the Qur'an and the Sunnah. They would take hope and fear from it and strengthen their Iman.

Abdullah Ibn Masood رضى الله عنه said:

11 اجلسوا بنا نَزِدْ إِيْمَانَا

Sit down, let's increase our Iman.

Shu'batu Al-Iman Page 44

Abdullah Ibn Masood رضى الله عنه also used to say was:

12 اللهم زِدْنِي إِيْمَانًا وَيَقِيْنًا وَفِقْهًا

O Allāh increase me in Iman, certainty, and Fiqh.

Al Shari'ah 217

Mu'adh ibn Jabl رضى الله عنه said:

13 اجلسُوا بنا نَوْْمَن سَاعَةً

Sit, let use believe (increase our Iman) for an hour.

Ibn Abi Shaybah in Al-Imaan page 105

Abdullah Ibn Rawaah رضى الله عنه said:

14 تَعَالَوْا نَوْْمَن سَاعَةً، تَعَالَوْا فَلْنَذْكُرَ اللهَ فَنَزِدْ إِيْمَانًا بِطَاعَتِهِ لَعَلَّه يَذْكُرَنَا بِمَغْفِرَتِهِ

Come, let's believe (increase our Iman) for an hour. Let's remember Allāh and increase in Iman by obeying Him, maybe He will remember us with His forgiveness.

Al-Masdar Al-Saabiq Page 112

Abu Darda رضى الله عنه said:

15 مِنْ فَقْهِ الْعَبْدِ أَنْ يَعْلَمَ أَمْزِدَادٌ هُوَ أَمْ مُنْتَقِصٌ، وَمِنْ فَقْهِ الْعَبْدِ أَنْ يَعْلَمَ نَزَغَاتِ الشَّيْطَانِ أُنَّى تَأْتِيهِ

From the Fiqh of a person is that he knows whether he is in a state of increasing or decreasing. It is also from the Fiqh of a person to know where the Shaytan comes to him from.

Ibn Batta in "Al-Ibaanah" page 1140

A clever person always checks the state of his Iman and whether it is increasing or decreasing. An indication that a person has weak understanding and insight is that he is not concerned when his Iman decreases.

Umayr ibn Habib Al-Khatmi رضى الله عنه used to say:

16

"الإيمان يزيد وينقص"

Iman increases and decreases.

He was then asked about what increases and decreases it:

إذا ذكرنا الله عز وجلّ وحمدناه و سبّحناه فذلك زيادته، وإذا غفلنا وضيّعنا ونسينا فذلك نقصانه

If we remember Allāh عز وجلّ and praise Him and we exalt Him, that makes it [Iman] increase. And if we become heedless [of Allāh] and forget [Him], that makes it [Iman] decrease.

Al-Tabaqaat" pg 381 volume 4

Things Which Revive One's Iman

Chapter Two

1 Beneficial Knowledge

Beneficial knowledge is the knowledge of the Qur'an and Sunnah. It increases and strengthens our Iman.

2 Reading the Qur'an

To ponder over the verses of the Qur'an, for verily there is nothing greater than the speech of Allāh.

Allāh ﷻ says:

وَإِذَا مَا أَنْزَلَتْ سُورَةٌ مِنْهُمْ مَن يَقُولُ أَتَيْكُمُ هَذِهِ إِيمَانًا فَأَمَّا الَّذِينَ ءَامَنُوا فَزَادَتْهُمْ إِيمَانًا وَهُمْ يَسْتَبْشِرُونَ

And whenever there comes down a Sûrah (chapter from the Qur'ân), some of them (hypocrites) say: "Which of you has had his Faith increased by it?" As for those who believe, it has increased their Faith, and they rejoice.

Surah At-Taubah: 124

In another verse Allāh ﷻ says:

إِنَّ هَذَا الْقُرْآنَ يَهْدِي لِلَّتِي هِيَ أَقْوَمُ وَيُبَشِّرُ الْمُؤْمِنِينَ الَّذِينَ يَعْمَلُونَ الصَّالِحَاتِ أَنَّ لَهُمْ أَجْرًا كَبِيرًا

Indeed, this Qur'ân guides to that which is most suitable and gives good tidings to the believers who do righteous deeds that they will have a great reward.

Surah Al-Isra': 9

أَفَلَا يَتَدَبَّرُونَ الْقُرْآنَ أَمْ عَلَى قُلُوبٍ أَقْفَالُهَا

Then do they not reflect upon the Qur'ân, or are there locks upon [their] hearts?

Surah Muhammad: 24

أَفَلَا يَتَدَبَّرُونَ الْقُرْآنَ ۚ وَلَوْ كَانَ مِنْ عِنْدِ غَيْرِ اللَّهِ لَوَجَدُوا فِيهِ اخْتِلَافًا كَثِيرًا

Then do they not reflect upon the Qur'ân?1 If it had been from [any] other than Allāh, they would have found within it much contradiction.

Surah An-Nisa': 82

In another verse Allāh ﷻ says:

كِتَابٌ أَنْزَلْنَاهُ إِلَيْكَ مُبَارَكٌ لِّيَدَّبَّرُوا ءَايَاتِهِ وَلِيَتَذَكَّرَ أُولُوا الْأَلْبَابِ

[This is] a blessed Book which We have revealed to you, [O Muḥammad], that they might reflect upon its verses and that those of understanding would be reminded.

Surah Sad: 29

In all of these verses, Allāh speaks about pondering, reciting, and contemplating over the Qur'an and how it increases one's Iman. Anyone who looks for success in this world and the Hereafter should have a relationship with the Qur'an.

3 ● **Knowing Allāh's Names and Attributes**

We, Ahl-us-Sunnah, believe that Allāh's names are not mere names. Each name has some characteristics. For example, Ar-Rahman has the characteristic of Mercy. It is upon us to learn and ponder over the names and attributes of Allāh.

Allāh ﷻ says in the Qur'an:

1 قُلْ أَدْعُوا اللَّهَ أَوْ أَدْعُوا الرَّحْمَنَ ۚ أَيًّا مَا تَدْعُوا فَلَهُ الْأَسْمَاءُ الْحُسْنَىٰ ۚ وَلَا تَجْهَرُوا بِصَلَاتِكُمْ وَلَا تَخَافُوا فِيهَا وَابْتَغِ بَيْنَ ذَلِكَ سَبِيلًا

Say, "Call upon Allāh or call upon the Most Merciful [ar-Rahmān]. Whichever [name] you call - to Him belong the best names." And do not recite [too] loudly in your prayer or [too] quietly but seek between that an [intermediate] way.

Surah Al-Isra': 110

In another ayah Allāh ﷻ says:

2 وَلِلَّهِ الْأَسْمَاءُ الْحُسْنَىٰ فَادْعُوهُ بِهَا ۚ وَذُرُوا الدِّينَ يُلْحَدُونَ فِي الْأَسْمَاءِ ۚ سَيُجْزَوْنَ مَا كَانُوا يَعْمَلُونَ

And to Allāh belong the best names, so invoke Him by them.

Surah Al-A'raf: 180

Things That Increase One's Iman

Chapter Three

1

Studying the Biography of the Prophet ﷺ

A person's Iman will increase by looking at the biography of the Prophet ﷺ: his guidance, his manners, his etiquettes, his dealings with people, how he participated in battles, and so on.

The pious predecessors strived in studying and teaching the biography of the Prophet ﷺ. Zayn Al-'Aabideen Ali Ibn Al-Husayn said:

1

كُنَّا نَعْلَمُ مَغَازِيَ النَّبِيِّ ﷺ كَمَا نَعْلَمُ السُّورَةَ مِنَ الْقُرْآنِ

We used to be taught the biography of the Prophet ﷺ like we would be taught a Surah from the Qur'an.

Al-Jami' Li Akhlaq Ar-Rawi 1591

2

Learning the Beauty of Islam

From the things that increase a person's Iman is learning the beauty of Islam and how perfect this religion is. Islam is perfect in terms of worship, creedal manners, manners and etiquettes, transactions and dealings, and every other aspect of one's life.

Allāh ﷻ says in the Qur'an:

1

الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتَمَمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيتُ لَكُمُ الْإِسْلَامَ دِينًا ۚ فَمَنِ اضْطُرَّ فِي مَخْمَصَةٍ غَيْرَ مُتَجَانِفٍ لِإِثْمِهِ ۚ فَإِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

Today I have perfected your faith for you, completed My favour upon you, and chosen Islam as your way. But whoever is compelled by extreme hunger—not intending to sin—then surely Allāh is All-Forgiving, Most Merciful.

Surah Al-Ma'idah: 3

3

Reading the Biography of the Salaf

Reading the biographies of the Salaf like Abu Bakr ﷺ, Umar ﷺ, 'Uthman ﷺ, Ali ﷺ and the rest of the companions as well as the biographies of the Tabi'een can make a person's Iman increase. The type of reading meant here is with understanding and contemplation.

The poet said:

1

كَرِّرْ عَلَّ حَدِيثَهُمْ يَا حَادِي، فَحَدِيثُهُمْ يَجْلُو الْفَوَادَ الصَّادِي

Repeat the story to me, O Hādī, Their stories remove the taints and filth from the heart.

Al-Jami' Li Akhlaq Ar-Rawi 1591

Another poet said:

ونترك الذكر أحياناً فننتكس

إذا مرضنا تداوينا بذكركم

**When we become ill, we cure ourselves by remembering you
and sometimes when we forget to remember you, we fall back on our heels**

Muhammed ibn Yunus said:

- 2
- ما رأيت للقلب أنفع من ذكر الصالحين
- I did not see (anything) better for the heart than remembering the righteous [people].
- Sifatu Al-Safwaat by Ibn Al-Jawzi 18 volume 1

4

Reflecting Upon the Universal Signs of Allah ()

Allāh says in the Qur'an:

- 1
- وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ
- And in yourselves. Then will you not, see?
- Surah Adh-Dhariyat: 21
- 2
- سَنُرِيهِمْ ءَايَاتِنَا فِي الْكَوْكَانِ وَفِي أَنْفُسِهِمْ حَتَّىٰ يَتَبَيَّنَ لَهُمْ أَنَّهُ الْحَقُّ ۗ أَوَلَمْ يَكْفِ بِرَبِّكَ أَنَّهُ عَلَىٰ كُلِّ شَيْءٍ شَهِيدٌ
- We will show them Our Signs in the universe, and in their own selves, until it becomes manifest to them that this (the Qur’ân) is the truth. Is it not sufficient in regard to your Lord that He is a Witness over all things?
- Surah Fussilat: :53

The poet said:

ولله في كل تحريكه وتسكينة أبدا شاهد

وفي كل شيء له آية تدل على أنه واحد

In everything that stands still or moves a testimony (to Allāh)
And In Everything is a sign from Him (Allāh) that indicates
that He (to Allāh) is one

This is why Allāh praises the righteous people that make Du’a after contemplating over His creation.

Allāh mentions in the Qur'an:

- 3
- الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَمًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمٰوٰتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هٰذَا بَطِلًا مُّسَبِّحًاكَ فَقِنَا عَذَابَ النَّارِ
- Those who remember Allāh (always, and in prayers) standing, sitting, and lying down on their sides, and think deeply about the creation of the heavens and the earth, (saying): "Our Lord! You have not created (all) this without purpose, glory to You! (Exalted are You above all that they associate with You as partners). Give us salvation from the torment of the Fire.
- Surah Aal-e-Imran: 191

5

Obedience to Allāh’s Commands

By following and adhering to Allāh’s commandments, one’s Iman increases. However, If one turns away from His obedience, then his Iman decreases.

The actions are of three types:

- a** **Actions of the heart:** fear, hope, love, humility, turning back, reliance
- b** **Actions of the tongue:** exalting, praising, calling to the good, prohibiting the evil, reciting the Qur'an
- c** **Actions of the limbs:** Salah, Zakah, Sadaqah, etc

The poet said:

ر ل ك ن لِ تَوْقِيهِ

عَرَفْتُ الشَّرَّ لَا لِلشَّرِّ

مِنَ الْخَيْرِ يَقَعُ فِيهِ

وَمَنْ لَمْ يَعْرِفِ الشَّرَّ

I learnt the evil, not for the evil
but to stay away from it
And whoever does not know the evil
from the good will fall in to it.

Jāmi' al-'Ulūm wal-Hikam p.437

Just like we study the things that increase our Iman, we should also study the things that reduce our Iman because if we do not know them, we will not be able to stay from them.

There are several factors for Iman decreasing:

Ignorance (simple and compound). Allāh says in the Qur'an:

- 1

وَجَوَزْنَا بِبَنِي إِسْرَءِيلَ الْبَحْرَ فَأَتَوْا عَلَى قَوْمٍ يَعْكُفُونَ عَلَى أَصْنَامٍ لَهُمْ ۖ قَالُوا يَمُوسَىٰ أَجْعَلْ لَّنَا إِلَٰهًا كَمَا لَهُمْ ءَالِهَةٌ ۚ قَالَ إِنَّكُمْ قَوْمٌ تَجْهَلُونَ

And We brought the Children of Israel (with safety) across the sea, and they came upon a people devoted to some of their idols (in worship). They said: "O Mûsâ (Moses)! Make for us an ilâh (a god) as they have âlihah (gods)." He said: "Verily, you are a people who know not (the Majesty and Greatness of Allâh and what is obligatory upon you, i.e., to worship none but Allâh Alone, the One and the Only God of all that exists)."

Surah Al-A'raf: 138
- 2

وَلُوطًا إِذْ قَالَ لِقَوْمِهِ ۖ أَتَأْتُونَ الْفَاحِشَةَ وَأَنْتُمْ تُبْصِرُونَ

And (remember) Lût (Lot)! When he said to his people. Do you commit Al-Fâhishah (evil, great sin, every kind of unlawful sexual intercourse, sodomy) while you see (one another doing evil without any screen)?"

Surah An-Naml: 54

3

أَنتُمْ لَتَأْتُونَ الرِّجَالَ شَهْوَةً مِّنْ دُونِ النِّسَاءِ ۚ بَلْ أَنْتُمْ قَوْمٌ تَجْهَلُونَ

"Do you practise your lusts on men instead of women? Nay, but you are a people who behave senselessly."

Surah An-Naml: 55

Allāh ﷻ also says:

4

قُلْ أَغْيَرَ اللَّهُ تَأْمُرَوْنِي أَعْبُدُ أَيُّهَا الْجَاهِلُونَ

Say, [O Muhammad], "Is it other than Allāh that you order me to worship, O ignorant ones?"

Surah Az-Zumar: 64

5

وَقَرْنَ فِي بُيُوتِكُنَّ وَلَا تَبَرَّجْنَ تَبَرُّجَ الْجَاهِلِيَّةِ

And abide in your houses and do not display yourselves as [was] the display of the former times of ignorance...

Surah Ahzab: 33

Ignorance is the foundation of many calamities. When a person is ignorant about his religion, he gets closer to Sins, which angers Allāh. He might even try to get closer to Allāh by doing these Sins and ends up coming with clear cut deviations from the religion.

Allāh ﷻ says in the Qur'an:

6

إِنَّمَا التَّوْبَةُ عَلَى اللَّهِ لِلَّذِينَ يَعْمَلُونَ السُّوءَ بِجَهَالَةٍ ثُمَّ يَتُوبُونَ مِنْ قَرِيبٍ فَأُولَٰئِكَ يَتُوبُ اللَّهُ عَلَيْهِمْ ۚ وَكَانَ اللَّهُ عَلِيمًا حَكِيمًا

The repentance accepted by Allāh is only for those who do wrong in ignorance [or carelessness] and then repent soon [after].¹ It is those to whom Allāh will turn in forgiveness, and Allāh is ever Knowing and Wise.

Surah An-Nisa': 17

Allāh ﷻ mentions in another Ayah:

7

قُلْ هَلْ نُنَبِّئُكُمْ بِالْأَخْسَرِينَ أَعْمَالًا

Say (O Muhammad صلى الله عليه وسلم): "Shall We tell you the greatest losers in respect of (their) deeds?"

Surah Al-Kahf: 103

8

الَّذِينَ ضَلَّ سَعْيُهُمْ فِي الْحَيَاةِ الدُّنْيَا وَهُمْ يَحْسَبُونَ أَنَّهُمْ يُحْسِنُونَ صُنْعًا

"Those whose efforts have been wasted in this life while they thought that they were acquiring good by their deeds.

Surah Al-Kahf: 104

In the Qur'an, Allāh condemns heedlessness. He warns against those who are heedless; He mentions that it is a characteristic of the disbelievers.

Allāh says:

9

يَعْلَمُونَ ظَهْرًا مِّنَ الْحَيَاةِ الدُّنْيَا وَهُمْ عَنِ الْآخِرَةِ هُمْ غَفْلُونَ

They know only the outside appearance of the life of the world (i.e., the matters of their livelihood, like irrigating or sowing or reaping, etc.), and they are heedless of the Hereafter.

Surah Ar-Rum: 7

10

وَمَنْ أَظْلَمُ مِمَّنْ ذُكِّرَ بِآيَاتِ رَبِّهِ ثُمَّ أَعْرَضَ عَنْهَا إِنَّا مِنَ الْمُجْرِمِينَ مُنتَقِمُونَ

And who is more unjust than one who is reminded of the verses of his Lord; then he turns away from them? Indeed We, from the criminals, will take retribution.

Surah As-Sajdah: 22

Factors Which Decrease One's Iman, Part 1

Chapter Four

1 Internal Things That Affect a Person’s Iman

An-Nisyan, which can be categorised into **two**:

An-Nisyan where you are not excused. This is when someone deliberately abandons the commandments of Allāh. Allāh says in the Qur'an:

1 وَلَا تَكُونُوا كَالَّذِينَ نَسُوا اللَّهَ فَأَنْسَاهُمْ أَنْفُسَهُمْ ۚ أُولَٰئِكَ هُمُ الْفَاسِقُونَ
And be not like those who forgot Allāh, so He made them forget themselves. Those are definitely disobedient.

Surah Al-Hashr: 19

Al-Nisyan where the person is excused. This is when the person did not disobey Allāh deliberately. This falls under the Ayah:

2 رَبَّنَا لَا تُؤَاخِذْنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا ۖ
... “Our Lord, do not hold us accountable, if we forget or make a mistake.

Surah Al-Baqara: 286

The Prophet ﷺ said about this verse that Allāh said:

3 قَدْ فَعَلْتُ
I indeed did.

Sahih Muslim 126

Committing Sins

Sins weaken a person’s Iman. The Prophet ﷺ said:

1 إِنَّ الْعَبْدَ إِذَا أَخْطَأَ خَطِيئَةً نُّكِتَتْ فِي قَلْبِهِ نَكْتَةٌ سَوْدَاءٌ ، فَإِذَا هُوَ نَزَعَ وَاسْتَغْفَرَ وَتَابَ سُقِلَ قَلْبُهُ، وَإِنْ عَادَ زِيدَ فِيهَا حَتَّى تَعْلُو قَلْبَهُ وَهُوَ الرَّانَ الَّذِي ذَكَرَ اللَّهُ : (كَلَّا بَلْ رَانَ عَلَى قُلُوبِهِمْ مَا كَانُوا يَكْسِبُونَ)

Verily, when the slave (of Allāh) commits a sin, a black spot appears on his heart. When he refrains from it, seeks forgiveness and repents, his heart is polished clean. But if he returns, it increases until it covers his entire heart. And that is the ‘Ran’ which Allāh mentioned: ‘Nay, but on their hearts is the Ran which they used to earn.

Jami’ At-Tirmidhi 3334 || Grade: Hassan (Al-Bani)

The Nafs That Calls to Evil

Allāh mentions in the Qur'an that there is a type of Nafs that calls to evil.

Allāh ﷻ says:

1 وَمَا أُبْرِئُ نَفْسِي ۚ إِنَّ النَّفْسَ لَأَمَّارَةٌ بِالسُّوءِ إِلَّا مَا رَحِمَ رَبِّي ۚ إِنَّ رَبِّي غَفُورٌ رَحِيمٌ
"And I free not myself (from the blame). Verily, the (human) self is inclined to evil, except when my Lord bestows His Mercy (upon whom He wills). Verily, my Lord is Oft-Forgiving, Most Merciful.

Surah Yusuf: 53

The Prophet ﷺ used to seek refuge in Allāh from this type of Nafs in every Khutbah that he used to deliver. He used to say:

2

إِنَّ الْحَمْدَ لِلَّهِ نَسْتَعِينُهُ وَنَسْتَغْفِرُهُ وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَسَيِّئَاتِ أَعْمَالِنَا

Indeed, all praise is due to Allāh, we seek His aid, and we seek His forgiveness, and we seek refuge with Allāh from the evils of our souls and the mischief of our deeds

Jami' At-Tirmidhi

The Prophet ﷺ taught Abu Bakr ؓ to say:

3

اللَّهُمَّ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ، رَبِّ كُلِّ شَيْءٍ وَمَلِيكَهُ. أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَشَرِّ الشَّيْطَانِ وَشَرِّكَ

O Allāh Knower of the Unseen and the Seen, Originator of the heavens and the earth, Lord of everything and its Possessor, I bear witness that there is none worthy of worship except You, I seek refuge from You from the evil of my soul and from the evil of Shaitan and his Shirk.

Jami` at-Tirmidhi 3392 authenticated by Saheeh Al-Albani in “الكلم الطيب”

2 ● External Things That Affect a Person's Iman

Shaytan is the one attacking our Iman; He wants to destroy it.

Allāh ﷻ says in the Qur'an:

1

إِنَّ الشَّيْطَانَ لَكُمْ عَدُوٌّ فَاتَّخِذُوهُ عَدُوًّا ۚ إِنَّمَا يَدْعُوا حِزْبَهُ لِيَكُونُوا مِنْ أَصْحَابِ السَّعِيرِ

Indeed, Satan is an enemy to you; so, take him as an enemy. He only invites his party to be among the companions of the Blaze.

Surah Fatir : 6

Allāh ﷻ also says in the Qur'an:

2

يَا أَيُّهَا الَّذِينَ ءَامَنُوا لَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ ۚ وَمَنْ يَتَّبِعْ خُطُوَاتِ الشَّيْطَانِ فَإِنَّهُ يَأْمُرُ بِالْفَحْشَاءِ وَالْمُنْكَرِ ۚ وَلَوْلَا فَضْلُ اللَّهِ عَلَيْكُمْ وَرَحْمَتُهُ مَا زَكَا مِنْكُمْ مِّنْ أَحَدٍ أَبَدًا وَلَكِنَّ اللَّهَ يُزَكِّي مَن يَشَاءُ ۚ وَاللَّهُ سَمِيعٌ عَلِيمٌ

O you who have believed, do not follow the footsteps of Satan. And whoever follows the footsteps of Satan - indeed, he enjoins immorality and wrongdoing. And if not for the favor of Allāh upon you and His mercy, not one of you would have been pure, ever, but Allāh purifies whom He wills, and Allāh is Hearing and Knowing.

Surah An-Nur: 6

Shaytan never commands you to Sin initially, he takes you step by step.

3

قَالَ فَبِمَا أَغْوَيْتَنِي لَأَقْعُدَنَّ لَهُمْ صِرَاطَكَ الْمُسْتَقِيمَ ۚ ثُمَّ لَأَأْتِيَنَّهُمْ مِّنْ بَيْنِ أَيْدِيهِمْ وَمِنْ خَلْفِهِمْ وَعَنْ أَيْمَنِهِمْ وَعَنْ شَمَائِلِهِمْ ۚ وَلَا تَجِدُ أَكْثَرَهُمْ شَاكِرِينَ

(Iblīs) said: "Because You have sent me astray, surely I will sit in wait against them (human beings) on Your Straight Path. "Then I will come to them from before them and behind them, from their right and from their left, and You will not find most of them as thankful ones (i.e. they will not be dutiful to You)."

Surah Al-A'raf: 16-17

Factors Which Decrease One's Imaan, Part 2

Chapter Five

The Dunya and Its Trials and Tribulations

If the Dunya becomes the main aspiration of someone, and all they live for is the Dunya, their Iman decreases.

That is why Allāh ﷻ says in the Qur'an:

1

أَغْمَوْا أَنْتُمَا الْحَيَاةُ الدُّنْيَا لَعِبٌ وَلَهُوَ زِينَةٌ وَتَفَاخُرُ بَيْنَكُمْ وَتَكَاثُرُ فِي الْأَمْوَالِ وَالْأَوْلَادِ
كَمَثَلِ غَيْثٍ أَغْجَبَ الْكُفَّارَ نَبَاتُهُ ثُمَّ يَهْبِجُ فَتَرَهُ مُصْفَرًّا ثُمَّ يَكُونُ حُطَمًا ۖ وَفِي
الْآخِرَةِ عَذَابٌ شَدِيدٌ وَمَغْفِرَةٌ مِّنَ اللَّهِ وَرِضْوَانٌ ۚ وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَتَاعُ الْغُرُورِ

Know that the life of this world is but amusement and diversion and adornment and boasting to one another and competition in increase of wealth and children - like the example of a rain whose [resulting] plant growth pleases the tillers; then it dries and you see it turned yellow; then it becomes [scattered] debris. And in the Hereafter is severe punishment and forgiveness from Allāh and approval. And what is the worldly life except the enjoyment of delusion.

Surah Al-Hadid: 20

Allāh tells us the reality of this Dunya. We should try to be ascetic and look for what is with Allāh; the Hereafter.

This Ayah also shows us how fast the Dunya goes and that the slave will not remain here for too long. One should be prepared for the Hereafter as it is very close.

Evil friends

Abu Dawood narrated:

1

الرجلُ على دين خليله ؛ فليَنظُرْ أَحَدُكُمْ مَنْ يَخَالُ

A man follows the religion of his friend; so each one should consider whom he makes his friend.

Abu Dawud 4833 || Grade: Hassan (Al-Albani)

This Hadith shows how important it is to look at those around us and who we sit with because it is a reflection of who we are.

That is why Fudayl Ibn Iyyad used to say:

2

ليس للمؤمن أن يقعد مع كل من شاء

It is not befitting for the believer to sit with every single person he wishes.

Mentioned by Ibn Batta in 'Al-Ibaanah" 481 volume 2

Sufyan  said:

3

ليس أبلغ في فساد رجل وصلاحه من صاحب
There is nothing greater in corrupting a person or making him good than a friend.

Mentioned by Ibn Batta in ‘Al-Ibaanah” 487 volume 2

Abdullah Ibn Masood  said:

4

اعتبروا الناس بأخذانهم فإن المرء لا يخادن إلا من يعجبه
Judge people based upon their companions. Verily, the person does not befriend except someone who fascinates him.

Al-Masdar Al-Saabiq 439 Volume 2



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